

Cottage Cheese Dip

Makes: 5 Servings

Ingredients

1 cup cottage cheese, low-fat
1/4 teaspoon Dried dill or parsley
1/4 teaspoon onion powder
1/8 teaspoon garlic powder
pinch black pepper
Fresh vegetables of your choice (broccoli, carrots, celery, green pepper, green beans)

Directions

1. Place first 5 ingredients in a blender and mix only until smooth, about 1-2 minutes. Note: over-mixing will result in a dip that is too thin.
2. Pour the mixture into a small bowl. Cover with plastic wrap and place into the refrigerator.
3. While the dip is chilling, wash the fresh vegetables.
4. Cut the carrots, celery, green pepper and green beans into small sticks.
5. Break broccoli into florets.
6. Dip vegetables in chilled dip and enjoy!

Notes

Serving Size: 1/5 cup plus veggies